

Giving Without Receiving

By Christopher Liam Rose

Text Copyright © 2020 Christopher Rose
All Rights Reserved.

Table of Contents

Chapter 1: Helping Other People Is Everything

Chapter 2: Giving Without Receiving

Chapter 3: True Success, Prosperity, & Riches

Chapter 4: Becoming A Different Person

Chapter 5: Immune From These Things

Chapter 6: Spiritual Fulfilment

Chapter 1: Helping Other People Is Everything

I am writing this book to help people who want to help other people and make a difference in others. This book is a very inspirational book that shares a powerful message. **Helping other people is everything.** In helping other people and giving back, it is crucial to make a contribution and difference in others.

Helping other people is not a job or a fancy thing to do. It is a career path and vocation which you need to start **doing now** within your life. When you start helping other people and giving back, you will find something important and meaningful in the work you do for others which is **purpose.**

I cannot begin to explain how many people have not discovered their purpose in life and what they are born to do. Most people fool around, misbehaving, have lots of fun and make a complete mess of their life. I am not just saying that helping other people is a good or great thing to do.

Helping other people is everything and more. This book is not just for you to read and go back to your everyday fancy life of

nothingness or fooling around. You have to learn the secret of helping other people and giving back, which is **giving without receiving**.

I want to share my personal story in this chapter to show you why helping other people is everything.

Christopher Liam Rose Story

In 2014, I was making a music video on my laptop to upload on my YouTube channel. Back then, I was a musician who loved making music and writing songs. I had some candles burning in my bedroom because the light was off and I was in the dark. I went to the kitchen to get some water to drink. Then something happened which changed my life forever.

The curtains in my bedroom caught fire from the burning candles and then burnt my duvet and bed sheet. This started a fire within my property. While in the kitchen, I could see this deep black cloud coming towards me and something inside of me said, "Jump out of the kitchen through the window". So I jumped out through my kitchen window and ran to my neighbour's house and asked if I could go to the balcony to the terrible thing happening in my flat.

As I got to the balcony, I saw that fire was all over my property. The fire was so big that I could not see anything on the property, and then I realised that I had lost all my home and

possessions. My neighbours called the police, fire brigade, and ambulance for me. All my neighbours saw my flat burning into flames and went to the floor and cried with uncontrollable tears. I officially became a homeless person with no home, possessions, clothes, or anything in my life.

This experience changed my life forever, and I felt depressed, unhappy, miserable, down, low, suffering, confused, and lost. This is where my life begins to change. As I was homeless, mentally psychotic with mental health problems of schizophrenia, psychosis, and depression, I slept on the streets in an area called Marble Arch in the west end of London. I slept on cardboard boxes with other homeless people with no money and food. So how did I realise that helping other people is everything to me personally? I cannot fully remember everything that happened, but I got sectioned in a hospital called Springfield Hospital, a mental health hospital in Tooting. I was sectioned in hospital with nothing in my life. Everything that I had was gone; no relationship, no money, no food or drinks, no possessions, no home, and no music equipment. Before the fire incident, I was just a musician running an independent music company and a record label. But due to the fire, my business was gone, and all my music equipment got burnt.

I was at rock bottom with nothing, going through the most horrible depression of my life. But something changed while I was in

hospital homeless. Someone came to help and support me where I was sectioned in the ward. His name was Paul Dorrington, an Employment Specialist. I first met Paul in Springfield hospital, and he started to help and talk to me. I told Paul everything about what happened to me and said back then that I wanted to work and have a job. Paul said, "You will be able to get out of the hospital and get a job for yourself". At the time, I was so low and depressed but happy that Paul (my hero) came to support and help me.

I then started to work with Paul in the community, and he taught me things about helping other people and giving back. Paul also helped me to get counselling therapy with Karen Meechan, a Clinical Psychologist. I had many counselling sessions with Karen, who helped me understand my past, problems, trauma, suffering, mental health difficulties, and lots more. Then something happened that has forever changed the person I am: "I wanted to help other people and give back".

There was something about working with Paul and Karen that inspired and motivated me to want to help other people. I decided to tell Paul and Karen that I want to be involved in the mental health industry and help people the way they have both helped me. Paul and Karen said, "Okay, we will help you reach this goal you want to achieve". Paul and Karen started to teach me about helping other people.

I have spent many hours with Paul and Karen and realised I want to make a difference in others and contribute to people. Paul and Karen were the first two people that listened to me and understood my mental health problems. That was how my life changed. Paul then helped me get my first job in the mental health industry, where I was a Co-Facilitator running a hearing voices group for people with schizophrenia and psychosis just like me.

As a Co-Facilitator, I discovered my passion, purpose, and calling in helping other people. That one job helped build my mental health industry career for over 6 to 7 years of mental health work and employment.

This is the story of how I started to help other people and give back. What motivated me to help other people and make a difference are Paul and Karen. Now in my career in the mental health industry, I have helped hundreds and thousands of people with mental health problems. In 2014, I was at rock bottom with nothing in my life, but Paul and Karen helped me to recover and do the work of helping other people. Now helping other people has become everything and more to me personally.

This is the secret of helping lots of people and giving without receiving - becoming selfless. Yes, I have been through some complicated challenges, but I have personally helped many people.

This book is about understanding giving without receiving and helping people. I hope that my story has inspired you to understand why helping other people is everything to me. (I don't help people because of money or achieving things).

Giving without receiving is one of the most challenging but rewarding and fulfilling things to do. To learn giving without receiving will change your life in many ways, just as it has done for me personally.

It's time to go into the next chapter that is giving without receiving, and I will explain how to do this in your life.

Chapter 2: Giving Without Receiving

Dear reader, it's time to understand giving without receiving and the purpose of this book. In helping other people and giving back, you have to learn how to share without obtaining. In society today, as I write this, most human beings give to receive. Everything they do is to do something in return for something.

When people go to their job or work, they give their boss to receive money in return. They don't care about the job or the boss; they are just there to receive some money in return for their hard labour. People are consumed with themselves. Right now, the world is so full of selfish people who only think about themselves in every way.

Selfish people exhibit the sense of "I achieve success... I am in a happy relationship... I get to drive a car... I have lots of money... I have a house to buy". They never help other people, but the reality is that this is the world we live in today. There are no words or phrases that can describe how shocking human being behaviour is. This is happening today in every area, location, place, town, and city. **Selfish people are entirely selfish.**

Dear readers, if you don't learn how to give without receiving, you will become one of those people that I referred to as selfish people in this book.

Giving without receiving means that you help other people because you want to help people and support others—no other reason, no hidden agenda, to help other people and give back.

You give to others, and you don't expect something in return from your giving. This has become so hard for people to learn because most human beings only think about themselves and are selfish in their life.

I am not saying to try and change selfish people because most people are greedy, but all you can do is help other people, give back and make a difference.

Giving without receiving is not based on any money from your work or job or the thing you do for yourself. It is about helping people in what they are going through, supporting people with their difficulties, helping other people and making a difference and impact in people's lives.

Giving is one of the secrets in life. Giving is all about how you help other people and give to people who need help and support. Giving is not about what you receive; it is about what you offer, how

you help, and the difference and impact you make.

Giving without receiving means you help people, and you don't want a thing from all the help you have provided to others.

Most people are always just trying to get something from somebody and receive the benefits from what they do. This is true, but this is how people don't realise they live a very self-centred life.

Helping other people is everything, and the secret is how selfless you can become. Not necessarily how successful, prosperous, and wealthy you become. How selfless you become is one of the true secrets to helping people.

Without developing selflessness, you will only do things in your life to get something out of it. You would never give without receiving.

I have said this on my YouTube videos online, which I have shared with hundreds of people globally.

Go into the world and do the opposite to everyone else.

Giving without receiving means you are different from everyone else, and you do not think of your selfish desires or selfish ambitions.

Until you become selfless and give just because it is the right thing to do for others, you will not make any difference to others and make an impact.

Don't try to change selfish people – focus on the people you can help and support, and give without receiving.

This is the message:

“Giving without receiving – helping people because they need help and support, and you DON'T want anything in return”.

Dear readers, I want you to understand the importance of giving without receiving. Being selfless in helping other people is a critical skill to helping many people.

Selflessness is the way to help people because you don't think about yourself when helping other people with their problems or difficulties.

Understand that it is about helping other people & making a contribution to others.

We will now move on to the next chapter, "True Success, Prosperity, and Riches".

Chapter 3: True Success, Prosperity, & Riches

In this chapter, I will explain how to achieve true success, prosperity, and riches within your life. This is how to achieve what you want from helping other people and giving back but not selfishly.

True Success, Prosperity, & Riches

(Help hundreds, thousands, millions, billions of people):

This is the secret to achieving true success, prosperity, and riches in your life.

Success is – the more people you help, the successful you become.

This is the reason why you have to become SELFLESS. You have to only achieve true success, prosperity, and riches by being selfless and helping people.

Selflessness is how you achieve what you want.

Giving without receiving is the way to become selfless.

The more selfless you become, the more success you can achieve

Now I am going to explain what I have achieved in my life from giving without receiving.

I have personally helped hundreds and thousands of people in my life. I am not sharing my achievement and accomplishment to boast. I am sharing this to show you what true success, prosperity, and riches are.

Christopher Rose Achievement & Accomplishment

- Thousands of pounds from helping other people & give back
- 15 jobs in mental health work & volunteering
- Seven books in Helping Other People
- Lots of music (albums, mixtapes, EPs, single)
- Living within a flat
- Having a motorbike
- 1000s of YouTube videos of helping other people
- Helping hundreds & thousands of people within my life

Giving without receiving is the way I achieve what I want. I don't want money or materialistic things. I have become selfless by helping many people, and I always give without receiving.

You see, helping many people is way more important than any of your achievements and accomplishment, and I say so myself. It is always about helping other people, giving back, and making a contribution to others.

Hopefully, you now understand true success, prosperity, and riches. You can achieve what I have achieved and more from helping people and making a difference.

Now, it's time to move to the next chapter, "Becoming a Different Person."

Chapter 4: Becoming A Different Person

This chapter is going to explain that giving without receiving makes you become a different person. Helping other people and giving back is how to become the person you want to be and become a different person. The people who make a difference in others and serve many people have developed their spiritual lives.

Spirituality is linked to different people because you become fulfilled from helping many people, making you spiritual. I don't value people based on their physical appearance. Most people have no understanding of spiritual life because they don't help other people and make any difference.

The Different People Are Spiritual & Happy

You only become a different person once you achieve your spirituality in life. Without spirituality or anointing, you will be a regular human being who doesn't help others or give back.

If you look very closely at the Different People, they are all helping other people and making a difference. Some people have gone through some challenging problems and suffering, but they have gained their spirituality.

Spiritual life means you are entirely different from everyone else, and the spiritual path is the path of truth and contributions to others.

Helping many people will help you become a different person who doesn't chase money, houses, cars, relationships, children, and other worldly things.

Most people are not spiritual at all, and they struggle to find their spirituality.

The main thing to understand is that you must become selfless and spiritual if you want to be different. I cannot tell you how important it is with helping other people and giving back.

The Different People inspire many people to help and gain spirituality, happiness, joy, and fulfilment.

This is the Message:

- **“To be a different person, you need spirituality.”**

The different person will go on a journey of helping other people and discover a sense of true spirituality, meaning, and value. Without

spirituality, you will be miserable and unfulfilled.

Dear reader, I hope you understand now how to become a different person.

Time to move to the next chapter, "Immune from These Things."

Chapter 5: Immune From These Things

This chapter is straightforward to understand. You cannot just chase after money, houses, cars, relationships, possessions, children, and other worldly things. When you are immune from these things, you do not desire any materialistic things in your life.

It very difficult for people to be immune from these things because everyone in the world chases after worldly things in their life.

Most people are constantly focusing on money and worldly things that consume them and become very selfish.

Until you become immune from these things, you will never be FREE.

Most people are trap in their life due to their selfish desires and selfish ambitions.

They never find freedom from their houses, cars, money, relationships, children, and other stuff, so their whole life becomes a very self-centred life of boosting their ego and self-esteem.

Be selfless and become immune from these things, and you will be able to find true freedom.

You are not your houses, cars, money, relationship, children, or other things.

You are a human being who is having a spiritual experience in life.

Once you understand this - become immune from these things - you will never be motivated by money, relationships, houses, cars, and other items in your life.

The Message is:

“Immune from these things - you don't want any materialistic things in your life at all”.

Dear reader, please understand this, and you will be free to help lots of people in your life and give without receiving.

It time to move to the final chapter called "Spiritual Fulfilment".

Chapter 6: Spiritual Fulfilment

This is the final chapter in this book but the most important chapter. Spiritual fulfilment comes to the person who has helped many people and makes a difference in others. Spiritual fulfilment is the joy and happiness you feel and experience from helping other people and giving back. Giving without receiving will help you to gain true spiritual fulfilment.

Spiritual fulfilment is the true joy in life, turning you into a happy and joyful person. Spiritual fulfilment also changes your mental and emotional state.

When you are spiritually fulfilled, you understand the beauty of life, nature, God, spirituality, and religion.

Spiritual fulfilment is what everybody needs in their life, but you only achieve it when you give without receiving and help many other people.

Helping other people is the most rewarding and fulfilling work you can do in your life. The more people you help, the more spiritual fulfilled you become.

Once you achieve spiritual fulfilment, you don't want anything else.

I hope this book has helped you, and I pray and hope you give without receiving and make a difference in others.

Thank you for reading this book, and I will also like to thank the people who have inspired me to write this book and helped me deal with my problems and difficulties.

Paul Dorrington (Lead Employment Specialist).

Karen Meechan (Clinical Psychologist).

Samaritans

*GIVING WITHOUT
RECEIVING*

HELPING OTHER PEOPLE

SELFLESSNESS

GIVING

*DON'T CHASE MONEY,
HOUSES, CARS,
POSSESSIONS,
RELATIONSHIPS*

*IMMUNE FROM THESE
THINGS*